

DAILY MAGAZINE PAGES FOR EVERYBODY

Secrets of Health and Happiness

How "Misplaced" Sympathy Weakens the Will-Power

By Dr. LEONARD KEENE HIRSHBERG
A. B., M. A., M. D. (Johns Hopkins).

THE word "misplaced" is often used as an adjective to modify sympathy. Almost as a universal proposition, it may be said that sympathy, except in actually demonstrable and evident physical distress, is misplaced.

That is to say, proffered acts and words which pamper and spoil and coddle another, because they are expected, or even at times deserved, like almsgiving, often do more harm than good.

If you are no stranger to suffering, you will, now that you are out of such bondage, realize that sympathy plays havoc with self-help. It, in short, does injury and is far from beneficial.

Grateful tears, or tears that reach forth from the heart for another's woes, real or imaginary, "butter no parsnips." To weep for the ills that are narrated and unshared is impossible.

A brother's distresses claim, perchance, the soft intercourse from heart to heart, which wafts many a sign from the unconscious to the conscious. But even inter-family sympathy is challenged, if not repelled, when not tangible to the five senses.

To each his sufferings. All are men. Condemned alike to groan; the tender for another's pain. The unfeeling for his own.

Let it be said for the peace, with a thrown gantlet of defiance which breaks no opposition, that the unfeeling individual—selfish though he is—becomes an unwitting benefactor to the one crying piteously, to the moribund, to the one who craves your tender mercies.

The weak could with a blessed, which leans for all and pleasure on another's breast, figure.

Sympathy, thus craved is rarely if ever bestowed. It is worse, if possible, than fishing for flattery. Most besought sympathy meets a poor shift and a cold reception.

And justly so. The person who is polluted with the obsession that his troubles, trials and tribulations are to be assuaged by adding them to another's burdens—the unwilling recipient of which has no doubt successfully hidden his—will be none other than a sadder, if no wiser, person after his lamentations.

Shall you weep if a Napoleon falls? Shall you shriek if the paladium of Euluria's liberties is crushed to earth? Are you in high dudgeon if the Sultan of Morocco is slain by some mad Mullah of the desert?

Just so much feeling will be shown you when your aches and pains, miseries and misadventures are poured into the ears of Tom, Dick and Harry.

There are, true enough, moments even in a Stoic's life when the heart is so full of emotion that, if, by chance, some trifling shakes it at a grain of sand does a mighty, emotionated pond, it vibrates into overflowing eddies and spews across the restraining banks, never again to drop back.

In misery's darkest cavern known, His useful care was ever nigh; Where hopeless anguish poured his groan, And lonely want retired to die.

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What Is a Pure Food Ruling? By Mrs. Christine Frederick

WE understand that a new food ruling will go into effect next May, and that there will be some changes in the labeling of all package goods.

Indeed there has always been misunderstanding on the part of many consumers just as to what was meant by the words, "guaranteed under the food and drug act," etc., which has been on labels on manufactured foods for some time. Many consumers thought that this meant that the contents were guaranteed as to purity, and freedom from adulteration, and others took it to mean the conditions of manufacture, etc.

The words as formerly printed meant that, in case a consignment of goods were seized by the Government before they came into the hands of the dealer, that the dealer would have redress by law. This is, of course, an entirely different view from that understood from the words by the average consumer.

It is gratifying, therefore, to find that the new ruling will do away with this misleading clause. After May, 1915, no such label will be placed on food products. Instead, a written guarantee will be given the dealer by the manufacturer.

But as it appears to an observer, where does the poor public come in? How is the consumer to know anything about the quality of the food he is buying? And how is he to protect himself from the dealer who pays her money for these same goods?

Would it not be possible to institute a means of standardization in food products and establish different grades, and have labels put on accordingly? We have already done this in milk, with excellent results. We no longer insist on a full quart of milk, but milk which comes up to such and such requirements. The highest grades we have marked "Grade A," the second, "Grade B," and the lowest, "Grade C," etc. We may not have the pocketbook for this, for Grade A's are then the ones we choose the lower grades. The point is, that we know what we are getting, and have some standards from which to choose.

It would seem to us that some such standards could be applied to all manufactured foods. Grade A food would come up to the highest requirements of sanitation, backing, and contents; the other grades lower could be also graded, and labels made for each class.

Then with such labels placed on by the Government, the consumer would certainly know a little more about what he is buying. At present the consumer has only found out by a bad experience what brands are good and what are sanitariously packed.

If we can, would seem that the present bureau would not need to extend their work very greatly to make concrete and constructive their whole excellent work in food investigation. If food products were graded, the standards of all food production would be heightened, the consumer would have a means of distinguishing food products which is not now possible, the entire manufacturing industry would be benefited, and I think it very good.

Answers to Health Questions

A SUFFERER—(1) What is migrain or migraine? (2) What are the causes? (3) Is there a permanent remedy? (4) Is it true that migrain leaves the patient at middle age or later? My habits of life are good, and still my headaches, which are very severe and completely prostrating at times, appear in spite of all my efforts to eradicate this trouble. My only hope is that I will be freed from this affliction in later life.

1.—This is a type of headache which is limited to one side and accompanied with nausea.

2.—They are too many to name.

3.—Experiment with diets, saltier water and alkalis.

4.—It often stops of its own accord. It is better to continue your attempts to find causes and cures. Starvation diets do much good.

Mrs. F.—(1) What will cure ozanema? (2) Also palpitation of the heart caused by "indigestion?"

1.—Hot fomentations of the alkaline antiseptic fluid diluted three times and used often will help. A nasal surgeon should be seen.

2.—Eat less and more simply. Eschew all heavy diet, peppers, mustard, salt, soups and hot victuals.

J. A. C.—When hair is falling out would it be advisable to shave the head? Is there any danger of the hair not growing afterward?

Shaving is not necessary, although the hair will return if you do it. Electricity, massage, green vegetables, and lots of rest are helpful.

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A MID-SUMMER CREATION



WHILE the great movement to have the graduating gown a more simple affair than formerly has done away with expensive creation for that occasion, nothing can prohibit the young girl from making a demand of one or two very pretty gowns at the close of the school year.

This charming frock, which adroitly combines youthful features with a dignity of length and line suggestive of the old woman, is a combination of white net with machine embroidery flouncing. It is just the graduating gift for the young girl who expects to have a lively summer.

The green and black moire sash adds a bit of brilliant color, while the jacket effect in the blouse sounds the note for street wear. This jacket effect is produced merely by loosing the width of embroidery that is used in the blouse and letting it hang free.

While this model is almost too expensive to be carried by the majority of stores, the materials for making it may be had everywhere. The dress can cost just as much as the wearer wishes, for the qualities of net and embroidered flouncing to be had in all stores nowadays is unlimited. The girdles can be bought ready made.

THREE MINUTE JOURNEYS

By TEMPLE MANNING.

OF ALL the customs of the Far East we are pleased to call freakish I believe the most striking is the head-dress worn by the women of Mongolia. This is of exceedingly complicated design, standing out from the head in a wide fan shape, supported by long sticks or bands of jewels, according to the social position of the wearer.

The first impulse is to laugh. But the manner in which her hair is arranged is a serious proposition to any Mongolian lady. In the first place, it indicates whether or not she is married, really is a badge for the benefit of prospective suitors. In the second place, unless she dresses her hair according to the fashion, her standing is considered lower than that of the most humble maiden.

When the hair is made up in the shape of elephants' ears, as in the illustration, it indicates matrimony, and then worn in a tall it means that the lady is a spinster.

In order to give the fan shape the lady makes a parting in the middle of her head, then drenches the hair with a mixture of fish glue and grease. When it is thoroughly soaked in this delicious preparation she spreads the upper part out thinly in such a way

that it measures about six inches wide. To keep this hair in this shape she uses wooden chairs, which, when the hair is dry, are replaced, if she can afford it, by silver or golden ones. The lower

Advice to The Future for the Sweet Girl Graduate

By ANNA LAURIE.

Dear Annie Laurie:

I am a girl of twenty years old, and have to work as a stenographer. I am away from home. I used to go with a young man who was about three years my senior. We were engaged, but it was broken. He is very hard to get along with, and is always finding fault with everything I do or say. When we are with any one he always puts and hasn't anything to say. This makes it very unpleasant for me, and I get very angry, but it doesn't do any good to talk to him.

One night we had a little disagreement and he broke the engagement without giving any reason. He never asked him for one. About two months ago he called me up and wanted to go with me again. We have been together several times since, and he isn't like he used to be, only when we are in a crowd. If I want to do anything I have to tell him to do it, and if he wants me to go with him any place he gets very angry if I do not want to go.

What is the matter with him, and why does he act this way? I care just as much for him as I ever did, but I know of his acts that way after we are married I would not be happy and neither would he. He still says he cares as much for me as he did when he broke our engagement.

BETH SMITH.

HONEST and true, girls, what do you really think about that letter and the sweet girl who wrote it? How in the world can she care anything for a "quack" creature like that?

There's nothing mysterious about him to my mind. He's just what my brother would call a "quack." That's all. He doesn't like the world or the people in it; he hates himself, and I guess he ought to; and so he takes it out on the girl he pretends to love. What that young man needs is a good, sound thrashing, and I wish that "Beth Smith" and a good brother to give it to him. He's a stubborn and conceited and self-important and bossy and fault-finding and disagreeable, and on earth he can expect any girl with a grain of sense to look at him I can't say. I'll warrant he's the son of a widow, and the only son at that, and he nags mother around and bosses sister at home, and they let him do it—and that's what's the matter with him.

Let him go on caring for you, Beth Smith, as much as he likes; you get to caring for somebody else just as soon as you can conveniently can. What he says isn't of the least importance; it is what he does that tells the truth about him, and a mighty disagreeable truth it seems to be.

Dear Miss Laurie:

I kindly give me some definite advice. I am eighteen years old, I am well acquainted with two boys, one my own age, the other about two years older. The older one, M. L. R., is not so good-looking, but of good character. However, I do love the younger one very much. Now, which one should I marry, M. L. R. or the younger one? Both of them are anxious to marry me. Is it better to marry the one that likes me more than I do him or the one I like more than he does me? Now I must get engaged to one of the two by next month. Yours truly, F. M.

Don't you think, little girl, that you had better learn to spell the word marry before you get your mind and heart with the notion of marrying? I should say that at the present moment you were much more in need of an education than of a husband, and certainly in this day and generation, the young man of eighteen or twenty who is able to take care of a wife is a distinct rarity. Why must you get engaged by next month? Time was when the girl who was not engaged at eighteen was regarded as a hopeless old maid, but those times are gone. Now the average woman does not marry until she is twenty-four or five, and if she does not marry at all, she is no more hanger-on or some one else's family, but a personality with the choice of a career open to her. No man has the right to marry a woman unless he is assured of being able to support her, not in luxury, but at least in some measure of comfort. He has no right to expose her to the miseries of extreme poverty, or to make her a burden to him, or to support a wife, or the man of twenty, for that matter? And if so, does either of them, or you, realize all the responsibilities that matrimony entails? Then, besides, you are wondering whether you shall marry the man you love or the man who loves you.

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By ELEANOR AMES.

EVERY June an army of young girls is graduated from the various schools of the land. The majority of these girls face the question of what to do to earn a livelihood. More of them have won their diplomas through sacrifice than by the easy path of financial plenty. They struggled to get an education that they might the better get a living.

Once there was not much of a problem ahead of the girl graduate. She was graduated that she might teach school. She worked single-minded along that line. She expected before long to resign the school teacher's job and "get married." Then her wage-earning days were over.

But that was the day before yesterday. Today she knows she has to make her own way; she glories in the independence, and marriage as a final solution is the last thing in her alert and active mind.

She also knows that all avenues are more or less crowded, and she must be the fittest to survive. Meanwhile, unless she has some decided talent, she is more or less at sea as to what line of endeavor to follow.

Grace La Rue tells the story of her day about the "sweet girl graduate." She said she wished every girl might get the right start in business life and not have to make the struggle so many know.

"I am heartily in favor of the vocational expert," said she. "So few of us know best exactly what we are best fitted for. We know what we like, but we don't always know what we can do best. And some study and expert advice at the right moment will make such a tremendous difference later. My advice to the girl starting in business is to choose some

profession where her services will always be in demand, and where she will have a chance to rise.

"For example, we will always wear clothes, eat food, have homes, need expert care when we are ill, and demand amusement. Each and every one of those lines has some branch which needs women workers and offers opportunities for advancement.

"The bright girl who has the desire to succeed will develop as she has experience. She will keep her eyes open, and be willing to give full service for value received. And she will also be shrewd enough. I hope to see that she receives full value for her services. Let her avoid the rut. Let her try to broaden along the way of practical individuality.

"This is the age of specialization. It is also the age of novelty and originality. The girl who can hit a new angle in her work, which shall be popular to her patrons or valuable to her employer is making strides toward success. If she is an artist in any way, let her try to broaden along the way of practical individuality.

"Good health, fearlessness, earnestness, the willingness to work and belief in her right to succeed will give a girl a big start on the success avenue. Fearlessness does not mean boldness or aggressiveness. Belief in herself does not mean conceit.

"I shall be glad if the day comes that there nearly be a thousand years ago that the girl seeking facts about her own capabilities may have the same opportunity for advice that she has in case of illness. Doctors are quite as important to my mind as doctors of health. But if the girl has to take the plunge for herself let her do something that the world needs, that it just can't get along without. Let her be practical. The world can do without art, but it must have bread."

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